

The Sacrament of First Holy Communion



Preparation Booklet 6

Jesus Heals the Centurion's Servant

Narrator: One day when Jesus was in a town called Capernaum, a centurion rushed up to speak to him. (A centurion is an important soldier who is in charge of another hundred soldiers). When he saw Jesus he said,

Centurion: "Sir, my servant is lying at home paralysed, and in great pain."

Narrator: He was very worried about his servant. The centurion had heard about Jesus healing people and believed that Jesus could help.

Jesus: "I will come myself and cure him."

Narrator: The centurion did not want to bother Jesus. He knew that Jesus was a special and important man. He said to Jesus:



"Sir, I'm not worthy to have you under my roof, just give the word and my servant will be healed."

Centurion: "Sir, I am not worthy to have you under my roof; just give the word and my servant will be healed."

Narrator: When Jesus heard the centurion say this, he was amazed! Jesus said:

Jesus : "Nowhere in Israel have I found faith like this."

Narrator: When the centurion returned home his servant was completely better. Jesus had healed him.

1. What is the name of the town in the story?
2. What is a centurion?
3. What did the centurion ask Jesus to do?
4. What did Jesus answer?
5. Why did the centurion not want Jesus to travel to his house?
6. Why was Jesus amazed?

The Centurion's Respect for Jesus

This story tells us some special things. Some are easy to understand but some things are a bit harder to understand and we must think deeper about them.

Easy to understand



When the centurion asks Jesus for help it shows that Jesus listens to everyone and that we too can ask him for help.

When Jesus heals the servant it shows that Jesus has been given special power by God his Father.

Think deeper ...



The centurion believed deeply in Jesus. He knew Jesus could heal his servant.

The centurion was humble before Jesus.

The centurion showed respect for Jesus.

The centurion understood that being in Jesus' presence was a privilege.

This is how we should try to be when we receive Jesus in Holy Communion. Just like the centurion, we should believe, show respect and be humble.

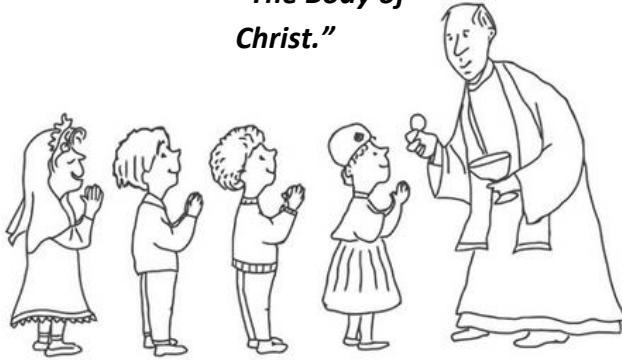


The faith of the centurion was such a good example that the Church has made his words into a special prayer. We say this prayer just before Holy Communion. It helps us to prepare to receive Jesus. Practise it now and at home with your family:

"Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed."

Receiving Holy Communion

*"The Body of
Christ."*



body	Amen
line	hand
silence	pray
tongue	

When we receive Holy Communion we stand in a _____.

We can receive Holy Communion on our _____ or in
our _____.

The priest says, "The _____ of Christ."

We say, "_____."

When we go back to our seat we kneel down to _____

in silence. This is a special time to spend with Jesus.

We do not eat anything for one hour before Communion. This is called "fasting." This is to help us to get ready to receive Jesus.

First Communion Preparation Booklet 6

Worksheet 1 Jesus Heals the Centurion's Servant 20 minutes approx

The aim of this sheet is to familiarise the children with the story and understand why we say the words "Lord I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed " before Communion.

The aim also is to underline the deep respect that the children should show when receiving the Eucharist and the joy and privilege of receiving Jesus..

You could start off by telling the children that everything that we say and do at Mass has a meaning. Encourage them to look out for all the things they have learned about the Mass - the responses, the order of Mass, the priest's actions/words, the congregation's actions/words. Ask for volunteers to read the parts of narrator, Jesus and Centurion. They might need help with reading and some words will need explained. Take time to explain them, e.g. the words paralysed, heal, servant.

Go through each question, giving the children the chance to put their hand up and answer. 5 and 6 are trickier and they may need help with these.

Worksheet 2 The Centurion's Respect for Jesus 10 minutes approx.

The aim of this sheet is to encourage the children to think a bit deeper about the story. The idea of "being worthy" might be tricky for them but they will understand the idea of showing respect.

Try to emphasise that the centurion showed great faith in Jesus. Point out that he called Jesus "Sir", a mark of respect.

Say the prayer together and tell the children that we say this prayer at Mass as the priest holds up the body of Christ, just before Communion.

Worksheet 3 Receiving Holy Communion 20 minutes approx.

This sheet simply takes the children through the way in which they receive Holy Communion. You should go over this often with the children before their First

Communion day. Remind them often about the requirement to fast an hour before Mass. You could also take this opportunity to remind them that if they ever miss Mass (unless for a valid reason) they should go to Confession before receiving Holy Communion again.